

CAPE BRETON

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FISHING TODAY WITH **TOMORROW IN MIND** SUSTAINABLE FISH LABELLED {page 14}

FINAL GOODBYE SOLDIER LAID TO REST **RUINED? WONDER WOMAN GETS MAKEOVER**

NEW LOOK, STORY (page 10)

®

Monday, July 5, 2010 www.metronews.ca



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Festival. Dancers

Multicultural Fest proves a hit

Jewels from the East perform at the Multicultural Festival yesterday. The festival, which moved over from Alderney Landing to the Halifax waterfront because of a scheduling change this year, took in huge crowds over the weekend. Story, page 3

Moonlighting politicians

Nearly half of Canadian MPs work other jobs (page 5)

Nadal wins at Wimbledon

Spanish star claims 8th Grand Slam title (page 17)

Capital Ideas for downtown

▶ Report to go before council tomorrow ▶ Study calls for a committee to revitalize the urban core • One councillor calls for HRMbyDesign to be embraced



"Immediate and decisive action" is required to prevent a "hollowing out" of downtown Halifax, according to municipal staff.

Capital Ideas, a staff report coming before Halifax regional council tomorrow, recommends forming a committee to address the municipality's declining urban core.

The Strategic Urban Partnership, comprised of both business and public stakeholders, will report back to council in six months.

"We need to start really focusing in on the hub theory of HRMbyDesign,"

said Downtown Coun. Dawn Sloane.
"It's time to allow condos and businesses to be built in the downtown ... (and) how we can make that work beneficially for all."

According to Sloane, the partner-ship's value lays in bringing the other levels of government on board with the



"Downtown is the heart of HRM ... if the heart dies, then everything attributed to the heart dies as well."

COUN. DAWN SLOANE

goals set out in HRMbyDesign, the municipality's publicly consulted urban

planning policy.

The "regional core," defined as peninsular Halifax and most of Dartmouth, accounts for half of one per cent of HRM's area, but is home to a third of the population and half of the municipality's jobs. HRM's five-year Regional Plan identi-

fied 800 "opportunity sites" for development throughout the regional core. According to the report, there are 51 acres of vacant land in downtown Hali-

fax alone.

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Guidy Mamann finds plenty to be skeptical of in new refugee reform law, at metronews.ca/ immigration





Quiet weekend for reopened beaches

Few takers visit harbour waters Testing shows fecal coliform levels well within guidelines



JENNIFER TAPLIN @METRONEWS.CA

It may take more convincing for Haligonians to try a dip in the water at the two harbour beaches.

Dingle Park and Black Rock beaches are open but so far business is slow. At Black Rock Beach in Point Pleasant Park yesterday, the bored lifeguards rarely had more than the occasional beachgoer to watch.

But nine-year-old Mckenzie Rideout wasn't chicken. She ran down to the water to dip her toes in yesterday afternoon and reported back "it's cold!"

Shelley Campbell said she has no qualms about the water either.

"I grew up down here and I swam in it when it was dirty when I was a kid," she said. "I'm sure it's much cleaner now.

She said the water looks much clearer, but she's not surprised the beach was vacant even though it was a perfect, sunny day.

'We're too overly cautious these days," she said. "It will take a while before people go in, maybe next summer.

Day at the beach the weekend.



Lifequards had little to do at harbour beaches.

Open Now that the Halifax wastewater facility is fully functional, Black Rock and Dingle Park beaches were opened for swimming over

- Regular testing The municipality is testing the water regularly and the latest results show the water at both beaches is well within the swimming level guidelines for fecal coliforms.
- Overflow concerns Even though everything is back up and running, a heavy rainfall can overflow the
- Rainfall warning The HRM suggests swimmers stay away from harbour beach es for three days after a heavy rainfall.
- Check them out For more information on HRM beaches call the Beach Office at 490-5458 or halifax.ca/rec/beaches.html.



Mayor set to test waters with dip in the harbour

Halifax's beleaguered sewage treatment plant went back online late last month, and Mayor Peter Kelly is getting his head wet

Kelly said he expects to have a swim at one of the two harbour beaches sometime in the next two weeks.

Raw sewage had been flowing into the harbour since January of 2009, when a flood damaged HRM's main sewage treatment plant. • ALEX BOUTILIER

Last swim

Beaches closed in the summer of 2009 due to flowing of raw sewage.

Mayor Kelly took a dip in the harbour beaches two summers ago. One week later the heaches were closed for elevated fecal



News in brief

Man charged in stabbing

NEW GLASGOW. Charges have been laid after a man threatened to harm himself and two others in New Glasgow on Friday.

Police say a man stabbed himself in the arm and also stabbed another man. A woman was not hurt.

Beating under investigation

MARION BRIDGE. Police in Cape Breton continue to

investigate a beating on Canada Day that sent a teenager to hospital with serious injuries.

Police say the 13-yearold boy was attacked outside a convenience store in Marion Bridge.

The boy suffered serious head injuries.

Charges set for cycling fatality

TRURO.Charges are pending against the driver of a truck that struck and killed a woman in a Truro crosswalk.

Deputy police chief Jim Fleming says the woman was walking her bicycle on Thursday when she was hit. • metro halifax



It's a beautiful day for a ride down the lake

Beginners and experts tried out different canoes and kayaks on Lake Banook for the fourth annual Mountain Equipment Co-Op Paddlefest yesterday. MEC provided workshops and trials for people interested in paddling. The sport is one Nova Scotians have excelled at, with several people making it all the way to the Olympics.

Multicultural Fest draws record crowd

• 'I've never seen so many people in Halifax all together': Vendor ◆ New location for event this year at city waterfront ◆ Organizers mull moving fest to Seaport location permanently



It might have been the 2,000-passenger cruise ship stopping in next door, or it might have been the perfect weather, but the Multicultural Festival was packed with people this weekend.

Because of scheduling conflicts, the festival moved to the Halifax wa-

terfront from Alderney Landing this year.

"We had more people here on Friday and Saturday than we've had in other years," said Heather Ritchie, festival co-ordinator.

"Overall the festival has grown every year, and this year it has definitely grown more.

"It's been a great year." Now that everything is over, organizers are going to figure out if the Halifax Seaport location across from Pier 21 is better for the festival.

But Ritchie said that they'll look at more than just how many people filed through the gate.

"We're not here to make loads of money, we're here to make a good festival for everybody and just break even," she said.

Opinions among ven-

"Overall the festival has grown every year, and this year it has definitely grown more."

HEATHER RITCHIE, FESTIVAL CO-ORDINATOR

dors was mixed.

Abi Thana at the Tamil Association booth said the festival belongs in Dartmouth.

"It was bigger and I'm not a fan of the strip mall set up for the food booths," she said. Rui Yang at the Sushi

Rui Yang at the Sushi Nami booth said she liked the fresh air for the food vendors and it was easier for people to walk up and down.

"I've never seen so many people in Halifax all together, so it was great," she said.

Bike lanes suggested for Herring Cove Road

HRM's active transportation committee is recommending replacing two lanes on the Herring Cove Road with bike lanes

Halifax regional council is set to decide on the issue tomorrow. The proposal recommends reducing the through traffic lanes from four to two, creating two bicycle lanes, and a centre lane for turning.

The changes would affect the area between Old Sambro Road and Hartlen Avenue, and would be implemented during a resurfacing of the road.

ALEX BOUTHLIER



Council will vote tomorrow on a proposal for two bike lanes on the Herring

3 charged in drug, gun seizure

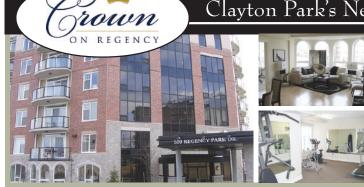
Three men are facing charges after the seizure of a loaded handgun and drugs by Halifax Regional Police.

Police say they tried to carry out a traffic stop around 7:15 p.m. on Friday in the Burnside Industrial Park at Wright and Fielding avenues, but the vehicle took off.

It flipped on its side after a brief pursuit and three men were apprehended a short distance away.
Police say they found a

gun in the vehicle and seized drugs from one person. THE CANADIAN PRESS





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POLICE OFFICERS ASSAULTED

Suspect gets his day in court

A man facing multiple counts of assaulting police after a 911 call that led officers to a home in Cape Breton will appear in court today.
Police say the 55-year-

old accused, who has not

been named, was admitted to the mental health ward of the Cape Breton Regional Hospital after his arrest in Sydney on Saturday.

Police responding to a complaint about some-one holed up in a house, threatening suicide, discovered a fire in a bedroom.

When police went in they say they were sprayed with a liquid believed to be lighter fluid.

The officers were not injured.

THE CANADIAN PRESS

Murder charge in parking lot shooting

A man has been charged with first-degree murder in a double shooting outside a grocery store that claimed the life of a woman reported to be his wife.

The RCMP said Wayne Paul Eisnor, 47, of Barss Corner was charged Friday in the death of Christina Mae Eisnor of Hemford.

Police said Eisnor, 43, died on Wednesday after she was shot in the parking lot of the store in New

Condition

Police say the accused remained in a Halifax hospital on Friday listed in critical condition.

Germany

Sgt. Brigdit Leger said investigators believe the woman was shot by a man who then turned the gun on himself.

Charge laid | At the in teen's death

A youth has been charged in connection with the death of a skateboarder in New Glasgow.

On June 12, a teenager slid under an SUV while riding on a skateboard and holding onto the moving vehicle. THE CANADIAN PRESS

heart of mischief

A youth is facing mischief charges after someone poured gasoline on the front porch and doorway of an apartment building in New Glasgow late last week. Police say it may be linked to a romantic dispute. THE CANADIAN PRESS

News in brief

Third arrest in murder case

P.E.I. Timothy Simpson, arrested in Summerside on Wednesday, is the third suspect in connection with a double slaying in the parking lot of a McDonald's restaurant in Montreal this past January.

CHARLOTTETOWN GUARDIAN

Looking for crash answers

PICTOU COUNTY. Officials

with the Transportation Safety Board are continuing to gather information about the June 13 derailment of a 13-car train in Avondale, Pictou County, to determine if a more detailed investigation is needed.

NEW GLASGOW NEWS

Student wins Dal scholarship

EDUCATION. Amber MacLean-Hawes, a gradu-ate of South Colchester Academy, has become the first recipient the Forsyth Family Black Nova Scotia Undergraduate Scholarship.

TRURO DAILY NEWS

Final goodbye to soldier from Cape Breton

Hundreds attend funeral services for Sgt. James MacNeil on Friday MacNeil, 28, was on final tour of Afghanistan when killed by IED



Hundreds of people attended a funeral on Friday in Nova Scotia for a soldier recently killed on his fourth and final tour of Afghanistan.

Family members wearing red tops filed into Immaculate Conception Church in Bridgeport to pay their respects to Sgt. James MacNeil of Glace Bay.

He was killed by an improvised explosive device while on foot patrol.

The 28-year-old's flag-draped casket was carried into the church for the service as mourners held Canadian and Cape Breton flags.

On Tuesday, as his remains were returned home, an estimated 10,000 people lined the route between the Sydney airport and a funeral home in Glace Bay. Yellow ribbons adorned utility poles on the route as a lengthy motorcade carrying MacNeil's casket passed slowly with a police escort.

MacNeil was with 2 Combat Engineer Regiment based at

Petawawa in Ontario. He had become engaged to his girlfriend less than 24 hours before he was killed. THE CANADIAN PRESS

James MacNeil



Sqt. James MacNeil was killed by an improvised explosive device while on foot patrol in Afghanistan.

- ► Known to his family as "Little Jimmy," MacNeil graduated high school in Glace Bay in 1999.
- He moved quickly through the ranks after joining the military.
- Friends and colleagues said MacNeil was wellliked and respected by his peers and would be remembered for his smile and sense of humour.
- In his obituary, he was described as a proud Cape Bretoner who loved the Montreal Canadiens, baseball and rugby.



Twilight star to hit P.E.I. for TV taping

Some of the guests for Live! with Regis and Kelly in P.E.I. have been determined.

The show, hosted by Regis Philbin and Kelly Ripa, will see high-profile celebriguests such as Peter Facinelli from the Twilight movies, Sex and the City

star John Corbett, True Blood lead Stephen Moyer and Canadian actress Elisha Cuthbert.

The show will be broadcast from the Confedera-Landing Park tion Charlottetown starting July 12. CHARLOTTETOWN GUARDIAN

The number of episodes of Live! with Reais and Kelly that will be broadcast from P.E.I. Two shows will be recorded on both July 12 and 13, with the episodes airing through the 15th.



Almost half of Canada's MPs have other jobs

 Many Canadian MPs are moonlighting as business owners
 Others receive government pensions

Nearly half of Canada's members of Parliament are moonlighting, running businesses or collecting income above and beyond their six-figure salaries.

A review of recent disclosure statements filed with Parliament's ethics commissioner shows that 151 of Canada's 308 MPs are either receiving an outside income or have an ownership stake in an outside business.

The analysis found that 103 MPs are owners or part-owners of businesses, ranging from fast-food restaurants, a bakery and wilderness tours to holdNumber of MPs who are owners or partowners of business, ranging from fast-food restaurants, a bakery and wilderness tours to holding companies, farms and real-estate investment.

ing companies, farms or real-estate investment.

The filings also show that 99 MPs each received more than \$10,000 in income from outside sources in the previous year, in addition to their base salaries of \$157,731.

Forty-eight MPs collect pensions; most from governments. Another 51 listed income ranging from speaking and consulting fees to rental and farm income. Fifty-one MPs listed both outside income and outside business interests, and two party leaders in the House of Commons list outside interests.

While there are some restrictions for cabinet ministers, MPs are allowed to hold as many outside jobs and own as many companies as they like.

THE ASSOCIATED PRESS

CSIS CONTROVERSY

MPs put heat on Fadden

Opposition MPs say they might compel testimony from officials in the prime minister's circle in a bid to unravel the mystery of remarks by Canada's spy chief.

Today they'll apply the heat to Canadian Security Intelligence Service director Dick Fadden over his recent eyebrowraising assertion that Canadian politicians are being unduly influenced by a foreign power.

Fadden's words enraged many who said they cast aspersions on all elected officials with ties abroad. Some spywatchers marvelled at his loose lips. Others said Fadden was being refreshingly forthright.

Fadden, a veteran bureaucrat, who became CSIS boss one year ago, will have to walk the fine line of explaining his remarks revealing his agency's operations. THE CANADIAN PRESS

Program to train aid workers

Government funding to Canadian aid groups may have taken a hit this past year, but a new program that will train international aid workers is getting ready to open its doors to students in September.

The International Support Worker program will begin its inaugural year in the fall at Loyalist College in Belleville, Ont.

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Skimmer holds latest hope

The latest hopes are riding on a massive new skimmer to clean oil from near the spewing well in the Gulf of Mexico. A 48-hour test of the Taiwanese vessel dubbed "A Whale" began Saturday and continued through yesterday. TMT Shipping created

what is billed as the world's largest oil skimmer by converting an oil tanker after the April 20 explosion sent crude spilling into the Gulf. The vessel was expected to cruise a 65-squarekilometre test site just north of the Macondo Deepwater well site.

The U.S. Coast Guard and BP are waiting to see if the vessel, which is as long as three football fields, can live up to its makers' promise of pro-cessing up to 79 million litres of oil-fouled water a day. The associated press

Lebanese Shiite cleric dies

Interim Polish president Bronislaw Komorowski appeared yesterday to have held off a last-minute surge from the identical twin brother of the late president, who died in an April plane crash that shocked the country and forced early elections. THE ASSOCIATED PRESS

sect's most revered authorities, Ayatollah Mohammed Hussein Fadlallah, died yes-He was 75. Fadlallah's doctor said the cleric died from

Petraeus in it to win it in Afghanistan



• General takes over U.S. and NATO command ('Contest of wills'

'We are in this to win," Gen. David Petraeus said yesterday as he took the reins of an Afghan war effort troubled by waning support, an emboldened enemy, government corruption and a looming commitment to withdraw troops even with no sign of violence easing.

Petraeus, who pioneered the counterinsurgency strategy he now oversees in Afghanistan, has just months to show progress in turning back insurgents and convince both the Afghan people and neighbouring countries that the U.S. is committed to preventing the country from again becoming a haven for al-Qaida and its terrorist al-

lies.
"We are engaged in a contest of wills," Petraeus said as he accepted the

command of U.S. and NATO forces before several hundred U.S., coalition and Afghan officials outside NA-TO headquarters in Kabul.

Petraeus, widely credited with turning around the U.S. war effort in Iraq, said the Taliban and their allies are killing and maiming civilians — even using "un-witting children to carry out attacks" — in an attempt to undermine public confidence in the Afghan government and the international community's ability to prevail.
"In answer, we must

demonstrate to the people and to the Taliban that Afghan and international forces are here to safeguard the Afghan people, and that we are in this to win," Petraeus said on U.S. Independence Day.

THE ASSOCIATED PRESS

Poland elects new president

The top Shiite cleric in Lebanon and one of the terday after a long illness. internal bleeding in his stomach

THE ASSOCIATED PRESS



Collaborative conversation: How is the library of the future organized, inside & out? - BIG IDEAS and photos for your feedback - Sketches by architects

2nd of 5 meetings in the design process

WHERE: Dalhousie University Student Union Building, McInnes Room, 6136 University Avenue, Halifax

Library staff will entertain children with stories, games and fun activities. Ages 3+ WHEN: July 8, 7-9 p.m.

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Year-long Vale strike could be nearing its end

◆ Tentative agreement reached yesterday between union and mining firm ◆ Strike began July 13 last year

The end appeared to be in sight yesterday to a long-running and bitter strike in Ontario as mining giant Vale announced it reached a tentative agreement with production and maintenance workers.

The metals miner says the agreement involves a new five-year contract with United Steel Workers Locals 6500 and 6200, which represent production and maintenance employees in Sudbury and Port Colborne.

"It's been a long strike and I think that both sides worked hard," said Cory McPhee, vice-president of corporate affairs.

"Both sides wanted a deal and that ultimately was the driving force to this outcome"

Comprehensive memorandums of agreement are to be signed between Vale and the USW in Sudbury and Port Colborne today.

The deal contains a return-to-work protocol, but Vale says it is still unclear when the employees will be returning to work.

"I can't comment on timing," said McPhee. "Once the vote process is sorted out, we'll begin



bringing people back to work."

The union will now present the deal to the membership and ratification votes will be scheduled.

"Suffice to say, we're very happy to have a deal done," McPhee said.

The announcement comes just days after Ontario Labour Minister Peter Fonseca had said the two sides had agreed to resume bargaining.

Before reaching an impasse, the two sides had agreed on all issues except one — the firing of eight workers during the strike and whether they were entitled to arbitration

A statement from Fonse-

Market moment TSX Dollar

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ca had said the impasse on the issue was not acceptable to the communities involved nor the government.

McPhee wouldn't say how the issue was dealt with but confirmed that it had been resolved.

More than 3,000 production and maintenance workers at Vale's Ontario operations in Sudbury and Port Colborne have been on strike since last July 13. Key issues included a nickel bonus, job transfers, contracting out and pensions. THE CANADIAN PRESS



Apple 'stunned' by iPhone flaw

Apple Inc. said Friday that it was "stunned" to find that its iPhones have for years been using a "totally wrong" formula to determine how many bars of signal strength they are getting.

Cyber attacks

Officials say they're better prepared today to handle attacks like last year's.

- "Denial of service" attacks last year did not compromise security or breach any critical systems or data.
- But officials admit that many governments and businesses remain vulnerable to similar intrusions.

N. Korea off the hook in last year's cyber attack

U.S. officials have largely ruled out North Korea as the origin of a cyber attack last July that took down U.S. and South Korean government websites, according to cyber security experts.

But authorities aren't much closer to knowing exactly who did it, and why. In the days after the fastmoving, widespread attack, analysis pointed to North Korea as the likely starting point because code used in the attack included Korean language and other indicators. Experts now say there is no conclusive evidence that North Korea, or any other country, orchestrated it.

THE ASSOCIATED PRESS

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MORE THAN ONE WAY TO READ A REPORT

Urban Compass

STEPHEN KIMBER



I don't necessarily oppose the new convention centre proposed for that gaping hole in the heart of downtown Halifax.

nd I don't completely subscribe to the tootall, edge-of-the-wedge principal objections raised by the Save the View Coalition. The preservationist group argues the convention centre's twin 18- and 14-storey towers will obliterate much of the iconic Citadel Hill view of George's Island.

It is the coalition's back-up argument — there is no solid business case for a huge new convention centre that will necessitate at least \$100 million in taxpayers' dollars to make happen — that gives me pause. And the dismissive, don't-worry-be-happy Commonwealth Games-all-over-again response of convention centre boosters to legitimate questions gives me more pause.

Those questions begin with those commissioned, fore-

ordained-to-be-favourable consultants' reports.

While they acknowledge the key issue — declining numbers of major conventions coupled with ever increasing competition to land them — their conclusions either ignore or dismiss it.

"Last week, convention promoters released a poll they claimed showed locals support their dream. But the questions ... were clearly skewed to create the desired result."

Convention centre boosters organized a website forum, supposedly to discuss issues "relevant to the proposed new convention centre." But when coalition organizer Bev Miller questioned what she claims will be a \$6-million annual shortfall between how much it will cost the province to borrow funds for the centre and how much in new tax revenues it will generate, her post was "removed by the moderator due to a violation of the Code of Conduct." (It was later reposted, but only after Miller object-

Last week, convention promoters released a poll they claimed showed locals support their dream. But the questions — "Governments should invest in a new convention centre if there is a strong business case showing the centre will attract visitors to Nova Scotia, create new jobs, and generate economic benefits and tax dollars" - were clearly skewed to create the desired result. Now, chief booster Trade Centre Ltd. promises to re-

lease results of yet another commissioned study - this one on the economic impact a new convention centre will generate — before the developer submits his final plans Iulv 19.

One hopes this report will be more honest — and helpful — than previous ones.

We need answers, not spin.

Cartoon

IF YOU CLAIM ME AS A DEPENDENT, WE MAY QUALIFY FOR AN HST REBATE.



Noteworthy

No recall needed: Hair in jam planned

The royal hair? Jam made from one of Princess Diana's hairs has been selling strong at an art exhibition

speck of the late Princess of speck of the late Princess of Wales' hair has been infused with gin, then combined with milk and sugar to make the preserve, which tastes like condensed milk. Bompas said he bought the hair off eBay for \$10 from a U.S. dealer who collects celebrity hair.

HALIFAX: Publisher Greg Lutes, Managing Editor Philip Croucher, Sales Manager Diane Curran, Distribution Manager April Doucette

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Enjoy home ownership

Letters **Tweets**

TORONTO. I would like to take this opportunity to clarify some information related to David Descôteaux's article on Ju-

The actual amount of mortgages currently insured by CMHC is approximately \$480 billion, well below the approved limit. CMHC manages its mortgage insurance business at no cost to Canadian taxpayers, through sound business practices that ensure commercial viability without having to rely on the Government of Canada for support, even in less favourable economic times. Canada's prudent

Managing mortgages

lending and mortgage insurance practices have allowed Canadians to continue to enjoy the benefits of home ownership. KAREN KINSLEY, PRESIDENT AND CEO, CANADA MORTGAGE AND HOUSING CORPORATION

EDMONTON. While on the LRT last week, I realized the Metro I had picked up

Sifting through I discovered a brand new layout that was intriguing and creative. What I can say initially is that it seemed there was a whole lot more — all the different font sizes and coloured columns seemed to multiply the amount of

I really enjoy it. GARY HUITSING

Who is your choice to win the World Cup? **Email** halifaxletters @metronews.ca **Twitter A**metrohalifax

Metro has the right to edit letters and submissions.

Metro Minute at Point Pleasant Park

If you like watching theatre and enjoy being outdoors on a warm summer night, visit Point Pleasant Park this summer for the return Halifax's Shakespeare by the Sea.

The 17th season fea-tures classic productions of Twelfth Night, Treasure Island, and Julius Caesar.

Shows will take place on most nights except Mondays through to early September, with evening performances and weekend matinees.

There is no cost for tickets, but a \$15 donation is suggested. Donations are made prior to the beginning of each show.

For the complete schedule of the new season, visit shakespearebythesea.ca.

METRO HALIFAX



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Shyamalan seeking his own Harry Potter

- The Sixth Sense director hopes he's on the cusp of a hit franchise with The Last Airbender
- Fantasy picks up second spot at the weekend box office with \$40.65 million in sales



With The Last Airbender, M. Night Shyamalan challenged himself not with devising the original twist endings his movies have become synonymous with. Instead, this test required realistically animating the elements — fire, water, earth and air.

"I was most apprehensive about fire because I've never seen fire look good on film," said the Oscarnominated filmmaker in New York. "But it turned out water was the most difficult. It's very labour intensive, each use of it is so specific and different and so scrutinized."

And scrutiny is something Shyamalan is familiar with. After becoming Hollywood's golden boy manufacturing mindbenders like The Sixth Sense and Signs, Shyamalan's latest films (Lady in the Water, The Happening) were mostly roasted by the critics.

By turning his attention to proven source material — the animated TV series Avatar: The Last Airbender



 Shyamalan is hoping he's on the cusp of a hit franchise.
 "What was great was

"What was great was that I (discovered) it before anyone knew about it," admitted Shyamalan of the cult show he latched onto three years ago.

"I'd tell my agent, 'I keep making my thrillers and I love those but if I'm ever going to do anything,

Hits and misses

The Sixth Sense (1999) Nominated for six Oscars, this thriller is considered one of the best American films ever made.

I want you to find me Harry Potter Or find me The

Lady in the Water (2006)

A major box-office stumble, critic Lisa Schwarzbaum called this "Shyamalan's most alienating and self-absorbed project to date."

DaVinci Code or Jurassic Park before it becomes a (blockbuster franchise) so I can become a part of its genesis and incorporate myself into it."

Whether The Last Airbender will spawn sequels still remains to be seen but weekend box-office numbers bode well for Shyamalan. Airbender finished second behind The Twilight Saga: Eclipse with nearly \$41 million in tick-





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scene

Wonder Woman gets a new look

New "hipster" less-partriotic clothes blasted by some, loved by others • 69-year-old character gets also gets a new back story to revive franchise

She's been ruined! Covered up! De-patriotized! You call that chic?

Wonder Woman's new wardrobe change — good-bye, star-spangled hot pants! — is a generational twist that has comic fans searching for meaning, and DC Comics searching for higher sales.

The change came this week, when the publisher put out its 600th issue in the 69-year-old Wonder Woman saga. It not only updates the look of this beautiful Amazon with the superhuman strength, the indestructible bracelets and the magic lasso — it changes her back story,

What's really gotten some purists going is the costume.

Gone

the ample red bustier, starflecked hot pants and red knee-high boots, a 1940spinup look that Lynda Carter brought to life in

the 1970s TV series. Now, Wonder Woman, aka Diana Prince, wears black leggings or tights. She sports a motorcycle jacket and little bootie-like shoes. Her tiara is there. but mostly covered by her flowing hair. She looks less like Wonder Woman and more like a modern-day urban hipster. Whatever the reasoning for the change, complaints have been coming fast and furi-

She's gone from Paris to Poughkeepsie," noted fashion publicist and MTV reality show habitue Kelly Cutrone. "She's a superThis is NOT a good fashion look."

Not all fashion followers were dismayed with the new look.

"I'm actually not a comic fan, but I have to say the new outfit is pretty fabulous," said Jimmy Contreras, a boutique owner in Philadelphia.

Feminist author and icon Gloria Steinem, who embraced Wonder Woman as a role model, isn't too upset with the clothes. It's the story change she really dislikes. Before, Wonder Woman had been raised on an island by her Amazon mother and sisters. Now, that island was destroyed when she was a baby, and she was shepherded off, to be raised elsewhere.



Why make big story changes and introduce a new look for Wonder Woman?

DC Comics is clearly hoping the new Wonder Woman will bring in a whole new audience. The company won't give out sales figures, but DC Comics co-publisher DiDio acknowledged that Wonder Woman, despite her place in the "triumvirate" of most important comic superheros along with Superman and Batman, sells less than those two.

"We're really hoping to grow our fan base, and really re-establish her as one of the premier







Timberlake creating scents

Popstar Justin Timberlake launched the female version of Givenchy's perfume Play in Paris. Metro talked to him.

What is a popstar from Memphis doing pushing perfume in Paris?

I'm a creative person. I like to develop other senses than my ears.

And to earn money?

I don't have to do this for the money and I'm not interested in being the face of a brand. I just think it's fun to learn how to bring a perfume to the market. And Givenchy is a legendary name for me, because my mother admired Audrey Hepburn, the muse of the brand, very much.

You have two versions of Play for her. Why?

Because women, just like men, have different moods. At times, they can be beasts and then they want a spicy, bestial scent. At other times, women are more relaxed and they would like

"I always make sure that I'm surrounded by friends I have known since before I got famous.'

to have a lighter, more flo-

Recently, you made the video for Life Without You with Holland's Esmee Denters. What do you think of her? Esmee is a true talent and

very funny, and very soulful. She's still very young, but she's like me in my younger days, enterprising and not afraid. I like that. Her voice is very American, but her character is very European.

What do you mean, European? Europeans don't have an attitude. You are very well able to separate work from your private life. You have to be able to do that, otherwise you'll go mad.

Are you good at it?



I try to. I always make sure that I'm surrounded by friends I have known since before I got famous. That's how you remain level-headed. And my mother is a very common sense person.

She must be very proud.

Yes. Especially, because I got over my timidity. My mother said that until I was eight-years-old I only knew what my sneakers looked like. I always walked

around with my head down. But when I discovered the stage at school, a monster came out.

And now you've sold 17 million records, have your own clothing line William Rast and your perfumes. Are you satis-

It can always get better. And then I don't mean that I want to make more profit. I like to work with people who are passionate about

their business. It's not easy being Justin Timberlake, with all the attention, but I feel privileged.

You are working on a comedy with you ex-girlfriend Cameron Diaz. Doesn't Jessica

What can I say? Cameron and I share the same sense of humour and I enjoy working with her. With Jessica I share other things METRO WORLD NEW

TV watch list

White is Hot in Cleveland

COMEDY Betty White's new comedy series, Hot in Cleveland, arrives in Canada tonight. The 88year-old plays the fiery caretaker of a house that's rented out by three best friends from Los Angeles who decide to stay in Cleveland after their Paris-bound plane makes an unexpected landing there.

40 years later

DOC. Canadian filmmaker Sarah Polley narrates 40-Year Secret on The Passionate Eye. Featured is an Ontario couple who gave up their baby for adoption. Four decades later, they rekindle their romance and search for their child (CBC News) METRO WORLD NEWS

Paris' pal takes rap for pot bust

● Heiress and former Playboy playmate arrested during World Cup soccer match in South Africa ● Just a 'misunderstanding' Hilton's publicist claims

Socialite Paris Hilton took some of the spotlight from the World Cup after she was arrested on suspicion of possession of marijuana, then had the case dropped at a midnight court hearing.

Hilton appeared in a FI-FA World Cup courtroom after being arrested during the second half of a quarter-final match between Brazil and the Netherlands, won 2-1 by the Dutch, at Nelson Mandela Bay Stadium in Port Elizabeth on Friday.

The authorities dropped the charges against Hilton, after her co-accused and a former Playboy playmate of the month, Jennifer Rovero, "acknowledged to be in possession of cannabis, and pleaded



guilty," said Brig. Sally De Beer, a spokeswoman for South African police.

Rovero, 31, from New York, was sentenced to a fine of 1,000 rand (\$130) or

30 days imprisonment, De Beer said. Police said Hilton and Rovero were taken into custody after officers could smell whiffs of cannabis coming from their direction, while they were outside the stadium.

A publicist for Hilton said the incident was a "misunderstanding."

THE ASSOCIATED PRESS

Celebrity tweets



lan MacKellen [@ianmackellen188] | asked all |

met at WETA when "The Hobbit" starts shooting. Reply? "You tell us."



Amanda Bynes [@chicky] I'm thankful I'm not a en and I feel

man. I love men and I feel for them since it seems like a tough job.



Jeremy Piven [@jeremypiven If u are at a coffee

Lindsay

[Alindsay

Lohan

shop an order a "caramel drink with no coffee, sugar free without dairy and cold without ice" it's a problem.



lohan] Just saw Ellen Page in a mini coop... She's so pretty!

Etheridge seeks joint custody

Melissa Etheridge has filed papers to officially dissolve her domestic partnership with Tammy Lynn Michaels, according Hollyscoop. The singer announced in April that were splitting up. According to the filing, Etheridge is seeking joint custody of the couple's 3-year-old twins.

METRO NEWS SERVICES

Lohan gets a punch for her bday

Lindsay Lohan's birthday celebrations got off to a rocky start when she was punched in the face by a waitress at a Hollywood nightclub. "A waitress just hit me," she posted on Twitter. "Punched me for no reason." The waitress in question, Jasmine Waltz, claims she's innocent.

METRO NEWS SERVICES

Stewart not big on being famous

Kristen Stewart admits that the fame she's gained from her work in the Twilight movies can be a bit much sometimes.

"I don't feel very comfortable on the red carpet," she tells Hello magazine. "I look out there at a thousand people and I realize they could rush me and as"... they're fans, but I think about them turning on me."

sassinate me. No security could protect me. Ostensibly they're fans, but I think about them turning on me."

METRO NEWS SERVICES





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Up and down

What dads-tobe should eat

Eat plenty of wholegrains. They're a good source of magnesium, which may help prevents sperm from sticking together. They should also

increase their fruit and vegetable intake

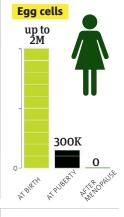
from five to eight portions per day. Oily

fish like sardines and anchovies help the sperm swim faster.

Failing to conceive? Don't blame woman

- One in seven couples have trouble conceiving, half of them because of faulty sperm.
- Now doctors have even developed an at-home sperm test kit.









ELISABETH BRAW

METRO WORLD NEWS

Michael Opsahl spends most days talking about sperms and erections. The Seattle gynecologist helps couples who can't conceive because of the husband's poor sperm.

"Couples come into my

"Couples come into my office and think the problem is the woman's fallopian tubes, but when I examine them I often discover that the man's sperm is as bad as the woman's tubes", says Opshal.

"Forty per cent of infertility cases can be attributed to men. I tell my patients that making a baby is a team sport. But some feel that having their sperm checked is a threat to their masculinity."

Some five per cent of men have such poor sperm that they require medical help. A typical man has 20-100 million sperm per milliliter of semen, but men with fewer than five mil-



"I tell my patients that making a baby is a team sport. But some feel that having their sperm checked is a threat to their masculinity." DR. MICHAEL OPSAHL

lion sperms per milliliter have poor chances of conceiving.

Conception is also af-

Conception is also affected if the sperms swim slowly or are of poor quality.

ty.

"But in 90 per cent of the cases, the problem is low sperm count", explains Professor John Herr, director of the Center of Contraceptive and Reproductive Health at the University of Virginia.

"If a man has less than five million sperms per milliliter, it affects his ability to conceive."

Many different factors are to blame: extreme sports, hot baths and saunas, radiation, toxins, and alcohol.

"Alcoholics can have babies, too," notes Opsahl.
"But alcohol kills sperm.
I've had several couples where the gave up alcohol and his wife promptly got pregnant."

Because sperm wander down to the testicles, where they're more exposed to the temperature outside the body, even changing underwear can make a man more fertile.

Men wishing for babies should wear boxers instead of briefs. While your at it, keep that warm laptop off your lap.

Men whose sperm fails to fertilize their wives' eggs are initially recommended to change their lifestyles.

If they still don't conceive, doctors can harvest their sperm and artificially inseminate an egg.

"When it comes to conceiving, medical technology is men's friend," says Opsahl.

"I always tell men that poor-quality sperm has nothing to do with their sexuality. The only men we can't help are the ones who have no sperm at all."

Still, having a doctor examine one's sperm can be humiliating.

That's why Herr's team has developed a sperm test, called SpermCheck, that allows couples to check the man's sperm on their own.

SpermCheck functions the same way as a home-pregnancy test. It recognizes protein that's part of the sperm-head but doesn't exist anywhere else in the body.

Using SpermCheck, couples can find out whether the man reaches thresholds of five million and 20 million sperms per milli-

"Now couples can test their fertility in the privacy of their homes," explains Herr.

"And remember that in many countries infertility is a cause for divorce. This test can lead to greater gender equality around the world."

A PURE

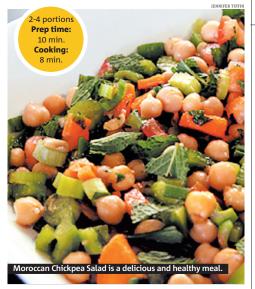
What to avoid

Drinking more than one cup of coffee per day decreases fertility by 50 per cent, as does consuming more than five units of alcohol per week. The decrease has been shown as the partners taking twice as long to fall preg-

NUTRITIONIST YVONNE BISHOP-WESTON

Moroccan Chickpea Salad

• Easy to make healthy treat • Works well with a filling soup



Ingredients:

- · 1 stalk celery, diced
- 1 green pepper, diced • 1 med. tomato, diced
- 1 med. onion or 6 green
- onions, diced 1 can chickpeas, drained
- (19oz)
- 1/2 cup feta cheese Dressing:
- 2 tbsp olive oil
- 3 tbsp red wine vinegar
- 2 tbsp fresh lemon juice
- (about 1/2 lemon) 1 tbsp fresh parsley
- 1 tsp fresh mint
- 1 tbsp & 1 tsp dried ground cumin
- salt & pepper to taste

Preparation:

Toss diced vegetables & drained chickness.

Superfood:

been shown to improve overall endurance and

the perfect snack when

working out. When the

stamina levels making them

seed is placed in water, the shell opens up and can absord up to nine times its volume in water, making them a great source of internal hydration. The carbohydrates in the seed are released slowly, giving people the sensation of being fuller for longer, a great trick for people trying to control their weight.

Stir dressing ingredients

together. (Dressing will

Pour over veggies and

Serve this recipe with a de-

licious, filling soup, like our

Orzo Soup with Harissa and

ble North African spice

mixture that packs a lot of

Chicken, Harissa is an incredi-

CONTRIBUTED BY

STEPHANIE EIN

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perclub.com/metro

20 minute

look thick and

"muddv").

toss.

The equivalent of one tablespoon of chia seeds was believed to sustain an Aztec warrior for an entire day. ROMINA MCGUINNESS/ METRO WORLD NEWS

No eating, no problem for Ebert the cook

Cancer may have robbed Roger Ebert of the ability to eat, but it won't stop him from dishing out cooking

Four years after cancer surgery left the famed film critic unable to speak or eat, Ebert is publishing a cookbook dedicated to rice cookers, a kitchen appli-ance he lovingly calls The

"To be sure, health problems have prevented me from eating," Ebert writes in the book. "That did not discourage my cooking. It

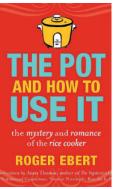
became an exercise more pure, freed of biological compulsion."

The idea for the book came after a 2008 blog post he wrote about rice cookers prompted hundreds of comments, with many readers including their favourite recipes. "I think I was somewhat frustrated by not being able to eat and I wanted to live vicariously," the 68-year-old said, his laptop computer speaking his typed answers.

The book includes many of those comments, as well as more than two dozen recipes for dishes such as chili, risotto, jambalava and oatmeal — his favourite.

"The basic recipe is: throw everything in the pot and slam on the lid," said Ebert, who has battled cancer in his thyroid and salivary gland over the last eight years. He now uses a feeding tube for nourishment. His book, The Pot and How to Use It. The Mystery and Romance of the Rice Cooker, will be released Sept. 21.

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Fishing for today, to fish for tomorrow



In 1997, WWF and Unilever realized the need for an eco-label and international certification of sustainable seafood. They teamed up to create the Marine Stewardship Council (MSC) which offers an accreditation scheme for fisheries world-

Those who pass get to stick the MSC logo on their products, which tells the customer this is sustainable seafood. Over the last three and a half years the number of fisheries entering the program has doubled every

"Fisheries are starting to see this as something that's really useful. For those who are sustainable to start with it's a great way of demonstrating that to the world,"



says James Simpson, who works for MSC in London.

Changing to sustainable practices is not

"In the short-term it is obviously more profitable to just fish unsustainably and catch everything and not care about by-catches. but that is not a long-term

and sustainable way forward for the industry," says Simpson.

But there are several charitable trusts which are prepared to sponsor an assessment for sustainable fishing. If you can't find the MSC-logo, you can always ask your store.
"Asking makes a huge

difference. As soon as the customers start asking for sustainable seafood they'll start asking their suppli-

ers," says Simpson.
Without it, the UN estimates that 40 million tonnes of food will be required from fish farms by 2030 to feed the world's population.

Queen of Green

LINDSAY COULTER

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FIRM ANSWERS TO PLASTIC PROBLEMS

QUESTION: I'd like to know if plastics are safe to microwave and if so, how can I tell? Justine from Vancouver, B.C.

he answer is simple: Do not microwave plastic containers or plastic wrap, ever. Heating up plastics can cause phthalates (a toxic petroleum derivative) to

leach into your food. Instead, reheat last night's dinner in glass or ceramic dishes Safely cover food with a plate or lid to avoid polyvinyl chloride (PVC) plastic wrap and to prevent a mess in the microwave.

Also, check for cracks and scratches. Damage like this will ruin leftovers because toxic chemicals can leach out. A plastic diet will help you reduce your exposure to toxins and lighten your environmental footprint.



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Corrina Cormier, Belmont

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energy everywhere."



Go ahead and gripe, as long as you're alone



Badgering bosses, challenging colleagues and provoking partners. Everyone has stress and we all need to get it out somehow.

Most people tend to gripe away at a buddy or loved one but, as counsellor and researcher Karla McLaren reveals in her latest CD/book, The Language of Emotions - What Your Feelings Are Trying To Tell You, people aren't always the best sounding board for our woes.

"Very few people have the time or energy to support us through our truly difficult emotions," she says. "If we start complaining to them, they'll try to stop us or fix the problem before we really know what the problem is."

McLaren has devised a privately cathartic practice she calls "conscious com-plaining," where you select an inanimate object and unload - like a wall or toaster.

While doing so, keep in mind five basic principles: Find a private place, start with an opening statement, let go completely, end with a ritual (bowing, shake it off) - and do it of-

While many may balk at the idea of carping about caustic customers to a cactus, even revered psycholo-



"Griping should not be the only strategy for dealing with stress. It supports passivity and chronic dissatisfaction ... take action to improve (via) meditation, relaxation and exercise." ROSS GRAY, PSYCHOLOGIST

gist Ross Grav notes that conscious complaining is certainly not an unhealthy practice for both grumblers and supporters.

"Griping about work has pressure-relieving quality and thus has a use albeit limited — in managing stress. It has a more benign effect if not always directed at helpless loved ones. Similarly disenchanted colleagues make good griping company (while) potted plants hardly ever complain but may not grow as heartily.

You could guest host the

For July 2nd Drake - Over Kardinal Official Ft Akon - BodyBounce 30H!3 Ft Ke\$ha – My First Kiss Adam Lambert – If I Had You Jason Derulo – Ridin' Solo Taio Cruz - Break Your Heart B.o.B Ft Hayley Williams & Eminem - Airplanes Katy Perry Ft Snoop – California Gurls Drake - Find Your Love WE WANT YOU! Interactive /



Meditation

Finding personal peace is great but a lot of us just don't have the time to sit and meditate until the moment of clarity. That's why mediation specialist Sheevaun Moran has created her own series schedule-sensitive processes for emotional hetterment

Titles such as Clutter No More, Living Wealthy Pros-

perous and Ultimate Peace and Relaxation Meditation are directed at a variety of needs, goals and stress levels all without hampering our already-taxed lives.

"Learning to juggle the day-to-day stress of work, kids and relationships often means relaxation takes a back seat," she notes. "These meditations are short, sweet and will teach the seeker the art of relaxation and introspec-KEITH CARMAN



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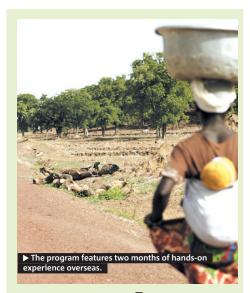
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Post-grad course on international support coming

Government funding to Canadian aid groups may have taken a hit this past year, but a new program that will train international aid workers is getting ready to open its doors to students in September.

The International Support Worker program will begin its inaugural year in the fall at Loyalist College in Belleville, Ont.

The year-long post-graduate program features two months of hands-on experience overseas, first in southern Mexico, then in a developing country of the student's choice.

"It's a critical examination of international development," co-ordinator Garry Warren said of the curriculum, which focuses on building capacity in others rather than filling positions overseas with Canadians.

The well-travelled college teacher has been involved in international development for years, taking more than 800 people to Mexico over the past 15 years to expose them to people living in urban and rural poverty.

When keen students began lining up their own development jobs after their time in Mexico, Warren began to consider a specific program geared toward international development.

He said the Loyalist offers a very hands-on experience.

"I think there's a real need for it," Warren said. "The plan is that these folks will be really useful for other organizations." THE CANADIAN PRESS

Refining roomie relationships

While many students may not like their roommates, studies show it's worth it to stick it out ◆ Some students may even be the better for it



College freshmen are often tempted to request roommate changes within weeks of unpacking. But a host of research data suggests that staying the course — barring abusive situations — is likely to have a positive effect on students for years to come.

In a college roommate setting, tension could actually produce better results for students. For instance, most studies show that racial differences among roommates lead to more conflict. However, an important Ohio State University and Virginia Commonwealth University study showed that mixedrace roommate situations resulted in better grades for African-Americans.

Moreover, a recent study found that most roommate situations get better, not worse, over a 10-week period. That same study presented evidence that a willingness to reveal weakness is a key factor in a good roommate relationship. Admitting to fears and shortcomings can create a healthy bond, even between extremely different personalities.

"Human weakness, I think, is really one of the only reliable facts of the universe," says John Mallinen, a counsellor. "We are



all dealing with a lot of fear. When we are able to share that with another person, it's bound to create intimacy."

And that can begin — at least in small doses — online, before you meet, says Natalie Caine, founder of Empty Nest Support Services, a Los Angeles-based consultant.

"Let each other know you are excited. Show some vulnerability," she explains. "Use humour, like saying you will bring ear plugs to share for snoring or late-night studies."

The expert's take

"I encourage students not to let Facebook be the source of first impressions since there's usually more to a student than what is posted on their online profile. Make time to talk on the phone and learn about each other."

WENDY PIPER, COLLEGE
DIRECTOR OF RESIDENTIAL LIF

"I recommended to the students that one way to reduce defensiveness and make the conversation more productive — is to bring up the issue in a positive, 'I'-oriented way. Instead of saying, 'Your behaviour is bothering me, and you need to change,' say, 'I'm having a problem, and I would really appreciate your help in solving it.'"
ROBERT DONLEY, COLLEGE

PEER MEDIATION COORDINATOR

"We strongly believe that it is best for you to negotiate through the actual problem on your own."

KATHY COLLINS, COLLEGE DIRECTOR FOR RESIDENCE EDUCATION

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'Satisfaction' for Nadal after win

Nadal defeats Berdych to win second Wimbledon trophy

Rafael Nadal looked like a guy who absolutely could-n't wait to get out there, clutching his racket and hopping in place near the entrance to Centre Court before the Wimbledon fi-

He jiggled his left leg, unable to sit still on the sideline. He even bopped around during the prematch coin toss.

When it was finally time to start warming up, he zigzagged to the baseline in a full sprint. And when it ended, Nadal marked his victory with a celebratory somersault.

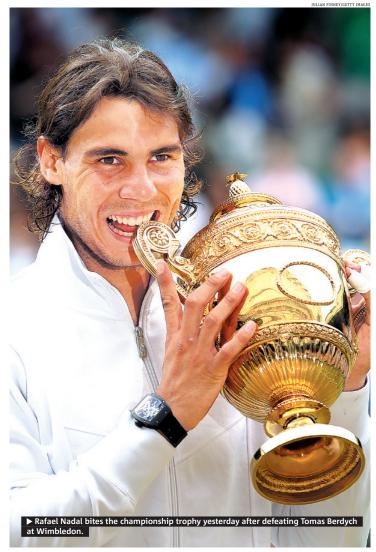
That endless energy, and so many superb strokes, allowed the No. 2-seeded Nadal to outclass No. 12 Tomas Berdych of the Czech Republic 6-3, 7-5, 6-4 yesterday for his second Wimbledon trophy and eighth Grand Slam title overall.

A year ago, sidelined by painful knees, 2008 Wimbledon champion Nadal was planted on his couch at home in Spain and watched the final on television, only the fifth man in the history of a tournament that dates to 1877 who couldn't defend his championship because of injury.

"It was probably one of the toughest moments in my career," Nadal said. "To return and win again here represents such personal satisfaction — everything I did to be here, all the work I put in to get back."

What a journey, too. His 31-match French Open winning streak ended, he missed Wimbledon, went more than eight months without a title anywhere, lost the No. 1 ranking, and, hardest of all, dealt with

his parents' separation.
"Not easy," he said.
THE ASSOCIATED PRESS



sports





- the AT&T National by one
- Brazil coach Dunga and his technical staff
- Joe Johnson agrees to a max contract with the Atlanta Hawks, his agent says



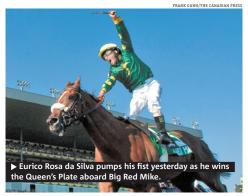
Scan code for sports news

What a year

There is little doubt Rafael Nadal is the best player in tennis today.

- As of yesterday, Nadal is 47-5 with five titles in 2010, both tour highs.
- He won 24 matches in a row in one stretch, regained his Roland Garros title and the No. 1 ranking last month, and managed the tricky transition to
- grass from clay by winning the French Open and Wimbledon in the same year for the second time
- "He's showing in the last few months that he's really the champion," said Tomas Berdvch.
- Nadal's eight titles at major tournaments push him past John McEnroe and ties Nadal with quite a heady group that includes Andre Agassi, Jimmy Connors and Ivan Lendl.

Big Red Mike captures Queen's Plate



No matter how many Queen's Plate races Eurico Rosa da Silva wins, the second will likely always be the sweetest.

Rosa da Silva staked Big Red Mike to a wire-to-wire victory in the \$1-million race at Woodbine Racetrack yesterday. Included in the crowd of between 25,000 and 30,000 on the hot, breezy summer afternoon was the Queen, who made her fourth appearance at the Toronto track. but first since 1997. She presented the race trophy to Rosa da Silva and Big Red Mike's connections in

the winner's circle.
"I just told her I am so happy to see her, to meet her," Rosa da Silva said. "It

was a great feeling.
"Winning the Queen's
Plate is great, but doing it with the Queen here is so special. Very, very special

Rosa da Silva claimed North America's longest continuously run stakes event for the second year in a row after winning the 2009 edition aboard Eye of the Leopard.

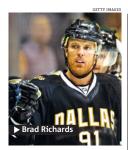
THE CANADIAN PRESS

Sports in

Petacchi wins **Tour's 1st stage**

CYCLING. Alessandro Petacchi of Italy won yesterday's crash-marred first stage of the Tour de France, with top sprint rivals and overall contenders such as Lance Armstrong delayed by the spills. Three crashes tangled up riders in the last few kilometres including a big crash within the last half-mile.

THE ASSOCIATED PRESS



P.E.I. to host NHL's **Stars**

The Dallas Stars are coming to the Maritimes in September.

The Stars will host the first two days of their 2010-11 training camp in Charlottetown, P.E.I., starting Sept. 18 at various arenas in the city. Standout centre Brad Richards hails from nearby Murray Harbour, P.E.I.

The club will also hold an intrasquad game on Sept. 19 at the Charlottetown Civic Centre. METRO HALIFAX

New deal keeps Wildcats in Moncton

The Moncton Wildcats and City of Moncton have signed a three-year deal to keep the QMJHL team at Moncton Coliseum. The two sides had been at odds in recent months in part because of playoff scheduling problems that almost forced the Wildcats to play some playoff home games

METRO HALIFAX

All-star Jays

Canadian slugger Justin Morneau is the American League's starting first baseman, and he'll be joined in the all-star game by three members of the Toronto Blue Jays — outfielders Vernon Wells and Jose Bautista plus catcher John Buck. THE CANADIAN PRESS





On track for back-to-back

Enfield's Shawn Turple wins Saturday's race at Scotia Speedworld Victory puts 2009 Carquest Pro Stock Tour champ in position to repeat



It's been seven years since the Carquest Pro Stock Tour had a repeat champion, but Shawn Turple is on an early course to pull it

The Enfield native went wire-to-wire for a big victory in the tour's Lockhart Truck Centre 100 on Saturday at Scotia Speedworld. He led for the full 100 laps and held off a late push from Shawn Tucker of Fredericton, N.B., for a 0.305-of-a-second triumph.

Turple, who claimed his first tour title last September, also has third- and fourth-place finishes this season, and is the unofficial series leader three

"It's been a great start

to the season," Turple said. "But we're just so early into it, we just have to try and win some races and worry about the points lat-

The tour is counting points from the 250-lap Triple Crown events toward the point standings, meaning there are still nine events remaining in the season.

If Turple is to repeat for

the first time since Halifax's John Flemming in 2002 and 2003, Saturday's win can't be his last.

"I think to be able to win it you're going to have to win a couple of more races, for sure," he said. 'It's the same usual suspects in the top 10 every week. When you're that even, you've got to get some bonus points and get some wins.

Kayaker does area proud at U.S. regatta

Waverley's Sammy Hall was one of Canada's shining stars at the Lake Placid international sprint canoekayak regatta in New York on the weekend.

The 17-year-old kayaker led Canada's 22-athlete contingent by winning two gold and two silver medals. She claimed gold in the junior women's K-1 and K-2 500-metre events.

"It was important for me to come out and show I could compete in the 500," Hall said. "I'm more of an endurance paddler and I don't have the luxury of waiting for others to get tired in the 500. I have to be on my game right from the start, so that's the challenge for me."

Lawrencetown's Ben Firth and Waverley natives Matthew Warner and Lukas Hetzler teamed up for a gold-medal win in the C-4 1,000 while Hetzler took gold in the C-1 1,000. METRO HALIFAX

Canadians pound Dartmouth

The Halifax Pelham Molson Canadians continue to have Dartmouth Moosehead Dry's number this summer.

The Canadians dumped Moosehead Dry 12-4 on Saturday — their second win in as many tries against the defending league champions — to improve their first-place Nova Scotia Senior Baseball League record to

Moosehead Dry, 6-5, and the Truro Bearcats, 5-4. sit tied for second, two games back of the Canadi-

METRO HALIFAX

One-time Moosehead signs on Long Island

Former Halifax Mooseheads defenceman Milan Jurcina landed with the New York Islanders over the weekend.

Jurcina, who split last season with the Columbus Blue Jackets and Washington Capitals, inked a oneyear, \$1-million pact.

The 27-year-old is entering his sixth NHL season.

Well travelled

The New York Islanders are Milan Jurcina's fourth NHL team.

Bruins In addition to his time with the Blue Jackets and Capitals Jurcina played his first two seasons as a member of the Boston Bruins.



Sports in brief

Dunbrack wins, retains first place

SOCCER. Halifax Dunbrack blanked Cape Breton 2-0 on Saturday to stay in first place in the men's Nova Scotia Soccer League Premiership Dunbrack has a 7-2 record for 21 points. three points ahead of suburban, 6-2. METRO HALIFAX

Ex-Rainman to play in **Argentina:** Report

BASKETBALL. Former Halifax Rainmen small forward Glen Dandridge is heading to Argentina, according to latinbasket com. The website reports Dandridge signed with the club Monte Hermoso. He spent last season with the Premier Basketball League's Rochester Razorsharks. METRO HALIFAX

Crossword

- Across
 1 Basin accessory 5 Greek cross 8 Foretell 12 Store VIPs
- 14 Satan's specialty 15 Internet ID

15

24

28

41

10 Platter

pest

posit

11 Otherwise

13 Summertime

19 Pelvic bones

ried Abe 22 Race place

25 Follower

26 Thought

20 Resort 21 Mary who mar-

23 Rivermouth de-

32

38 39

- 16 Word with pool
- 17 Corn spike
- 18 Husband-to-be
- 20 Tall marsh bird
- 23 Boring 24 Small horse
- 25 Fix the bound-
- aries of
- 28 Toss in 29 Country estate
- 30 Poorly lit 32 TV oldie about
- the Carringtons
- 34 Relinauish 35 Bygone Peruvian
- 36 Savs grace, e.g.
- 37 South China Sea sultanate 40 Abu Dhabi's land
- (Abbr.) 41 Mysterious let-
- 42 15-Across partner
- 47 Came down 48 Paid attention
- 49 Alluring
- 50 Blunder 51 Went away
- Down
- 1 Ostrich's cousin 2 Existed
- 3 Away from WSW
- 4 Seldom
- 5 Rip
- 6 Branch
- purpose
- 8 Soothe

7 So as to have a

- 9 Microwave, e.g.

- 27 Spruced up 29 Barn-roof adorner
- 31 French posses-

13

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- 33 Octogenarian's next milestone 34 Form of
- embroidery
- 36 History 37 Lingerie items
- 38 Legislation 39 Alternative to
- Windows
- 40 Cold War nation (Abbr.) 43 Melody
- 44 Single 45 Ump
- 46 Banned bug
- spray

➤ Yesterday's answer

Р	1	С		L	0	Ν	E		D	Е	Ν	S
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For today's crossword answers and for

expanded horoscopes, go to metronews.ca

Sudoku

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	7	9	5		8	6	2	
6								1
			8		6			
	2			3			6	
			9		2			
5								6
	3	6	7		5	1	4	
9		1				8		7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4 1 8 7 3 2 9 6 5 3 6 9 4 5 1 2 8 7 5 2 9 8 6 1 3 4 2 7 8 6 4 3 5 5 1 7 6 4 3 1 8 5 3 2 9 7 4 6 7 4 2 9 8 6 1 3 2 3 6 1 7 5 4 9 8 8 9 1 6 4 3 5 7 2

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

Ann, you are the best! BARRY WOOD

Y.E. have been fallen in luv wit u for over 400days! i luv u so much

Anthony, I'm blessed to be in love with my best friend. Be mine forever?

I love baby. Happy 3rd Anniversary!!!! YESE MIRA

Every night with you is like the first night over again,you are a incredible DJ babe, Happy Belated 1 GEEK

You know I love and adore you booger face :p YOURS TRULY, JESSICA.XOXO

Kiss to super hot guy Farhad G.











FRED CHARTRAND/THE CANADIAN PRESS

Today's horoscope

T Aries March 21-April 20 If you enjoy what you are doing then other people's opinions are completely irrelevant. You may get some negative comments but you will ignore them all with grand disdain.

¥ Taurus April 23-May 21 You will be concerned with ideas and their practical applications today. However, if you insist that everything is thought out and planned in advance you may lose that spark of originality.

II Gemini May 22-June 21

There are so many ways you can change your life for the better but one way in particular will stand out today. If it is something you can do with your friends so much the better.

Gancer June 22-July 22 Don't limit yourself to tried and trusted methods. Make the effort to explore new ways of doing things, especially on the work front

Ω Leo July 23-Aug.23 The most important thing by far right now is that you stay true to your beliefs. Others may try to persuade you that your viewpoint is old-fashioned, and maybe it is, but it works for you and that's the only thing that matters

MP Virgo Aug. 24- Sept. 22 ACcording to the planets you have been ignoring certain warning signals and it could have an adverse effect on your earning power. Get your act together before it's too late.

← Libra Sept. 23-Oct. 23 If you don't feel like mixing with other people today, then don't. Even Libra needs some personal time once in a while, so tune out the world and enjoy your own com-

M Scorpio oct. 24-Nov. 22 You can at times find it hard to think outside certain limits. However, there are things going on around you now that demand you take a broader view of life.

Nov. 23-Dec. 21 Today you could easily mislead yourself about something that seems unimportant but could have far-reaching consequences. Don't take anything on trust over the next 24

り Capricorn Dec. 22-Jan. 20 Perfection is an illusion and the

sooner you recognize that fact the better. By all means set yourself new goals over the next few days, but make sure they are goals you can actually

Aquarius Jan. 21-Feb. 18 You may be bored with your lifestyle but things get shaken up a bit this coming week. However, whatever changes come about they are unlikely to be permanent.

H Pisces Feb. 19-March 20 Your attitude towards money matters will change quite a bit today and tomorrow but that does not mean you can just forget about earning a living. SALLY BROMPTON

Caption contest



You write it!

Write a funny caption for the image to the right and send it to plav@metronews.ca -

the winning caption will be published in tomorrow's Metro.





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THE CARAMILK SECRET and \$250,000



†No purchase necessary. Contest closes 08/22/10. Look inside for 1 of 10 Winning Keys for a Finalist Prize, consisting of (1) a Finalist Trip (ARV \$2,370) and (2) a yearly supply of Caramilk' bars (365) for 25 years OR cheque for \$9,946.25 (ARV \$9,946.25). Odds no less than 1 in 1,497,600. Finalist has 1 in 10 chance to win up to \$250,000. Must be age of majority. Skill-testing question required. Full rules at caramilk.ca or call 1-866-782-3267.
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